

# Get past your fear of falling and enjoy life again!

## A Matter of Balance – Managing Concerns About Falls



***If you're not living life to the fullest because you're afraid of falling, this workshop is for you.***

**After eight weeks of two-hour classes, you'll be active again, with more strength and confidence.**

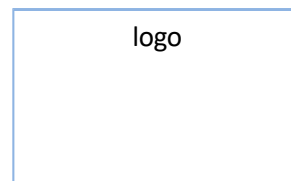
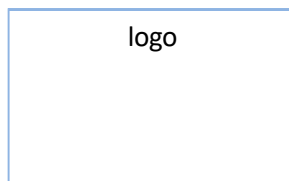
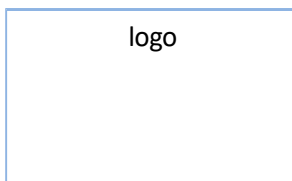


- Learn to control falling and overcome your fear
- Set goals for being more active
- Practice new personal skills for safety
- Exercise for better strength, balance and flexibility
- Make changes to your home to reduce the risk of falling
- Meet new friends in familiar community places
- Get moving, stop worrying, enjoy living

**98% of class participants would recommend *A Matter of Balance* to other older adults with fears about falling – so what are you waiting for?**

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